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## ABSTRACT OF THE INVENTION

The invention relates to catalytically bleaching substrates, especially laundry fabrics, with atmospheric oxygen or air. A method of bleaching a substrate is provided that comprises applying to the substrate, in an aqueous medium, a specified ligand from a selected class which forms a complex with a transition metal, the complex catalysing bleaching of the substrate by atmospheric oxygen. Also provided is an aqueous bleaching composition substantially devoid of peroxygen bleach or a peroxy-based or -generating bleach system.